



"Committed to the protection and promotion of public health."

Gallatin City-County Health Department

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First Confirmed Influenza H1N1 Novel Case in Gallatin County

The Gallatin City-County Health Department has received the report of the first confirmed Influenza H1N1 case in a Gallatin County Resident. It appears the Gallatin County resident contracted the virus and was diagnosed outside of Gallatin County.

Influenza H1N1 cases have been diagnosed in 6 counties thus far in Montana. It is extremely likely that further cases of H1N1 influenza will be diagnosed in Gallatin County. The current count of H1N1 influenza in the state of Montana is 24 cases in 6 counties. Cases have been reported in Custer, Yellowstone, Hill, Park, Missoula and Gallatin.

Symptoms of H1N1 influenza are very similar to seasonal flu and may include fever greater than 100F, sore throat, cough, chills, body aches, headache and fatigue. The Health Department advise people who experience influenza like symptoms to stay home for seven days after the onset of symptoms, or at least 24 hours after symptoms resolve, whichever is longer.

The State Health Department also encourages people to take these personal precautions to decrease their chances of getting influenza:

- Cover your nose and mouth with a tissue when you cough or sneeze.
- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol based hand sanitizers are also effective.
- Avoid touching your eyes, nose or mouth
- Try to avoid close contact with sick people. Influenza is thought to spread mainly person-to-person through coughing or sneezing.
- If you get sick, the CDC recommends that you stay home from work or school and limit contact with others to keep from infecting them.

Most people who have influenza, including influenza caused by H1N1, will recover without needing medication or medical attention. If you have a condition that puts you at high risk of complications from influenza, (chronic illness, pregnancy, immunosuppression from chemotherapy, HIV or cancer) contact your health care provider for diagnosis and treatment. Treatment with antiviral medication should be started within the first 24-48 hours after onset of symptoms to be effective.

For more information contact the Gallatin City County Health Department at 582-3100 or visit our website at www.gallatin.mt.gov/health.